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Unsealing the X-Files

FOX CONFIRMS IT'S IN TALKS TO BRING BACK THE LONG-SINCE-ENDED SERIES, AND ITS ORIGINAL STARS — BUT WILL GILLIAN ANDERSON REPRISE THE ROLE OF AGENT SCULLY WHEN IT'S STELLA GIBSON SHE ENJOYS PLAYING? PAGES 14 & 15

EPIC COMEBACK

Seattle Seahawks' Russell Wilson celebrates after overtime of the NFL football NFC Championship game against the Green Bay Packers Sunday in Seattle. The Seahawks won 28-22 to advance to Super Bowl XLIX. Story, page 22. DAVID J. PHILLIP/THE ASSOCIATED PRESS

Bike helmet ticketing down

Drop near 50%. Reasons for decline unclear, but police speculate helmet use is up

The number of cyclists ticketed for riding without helmets in Vancouver dropped drastically in 2014, a year where a record number of people pedalled along the city's bike lanes.

Police handed the $29 fine to 981 cyclists last year compared to 1,787 in 2012 and 1,538 in 2013, according to Sgt. Randy Fincham.

That's a decrease of nearly 50 per cent while tickets for other offences, such as riding on the sidewalk or failing to use a reflector at night, remained largely static over the three-year period.

So are Vancouverites wearing their helmets more often or have police simply stopped ticketing the rule breakers? (The vast majority of helmet fines go unpaid, according to ICBC statistics from 2013.)

Fincham didn't have an answer, but speculated that more people are wearing helmets.

Ticketing is at the discretion of the police department and no new direction has been given by the police board to stop ticketing for helmet infractions, police board chairman, mayor and cycling advocate Gregor Robertson said in a statement.

"Any changes likely reflect the VPD's continued focus to target resources towards priority issues like gangs and violent crime," Robertson said.

Regardless, Robertson said he will follow through on his party's campaign promise to increase police resources to target dangerous drivers and cyclists who put pedestrians at risk.

B.C.'s helmet law has always been a bit of a thorn in the side of cycling advocates, who say it discourages people from cycling and makes it more difficult to implement a public bike-share system.

HUB Cycling spokesman Colin Stein encourages all cyclists to follow the laws, but believes infrastructure such as separated bike lanes do more than helmets to boost safety on the roads.

EMILY JACKSON/METRO

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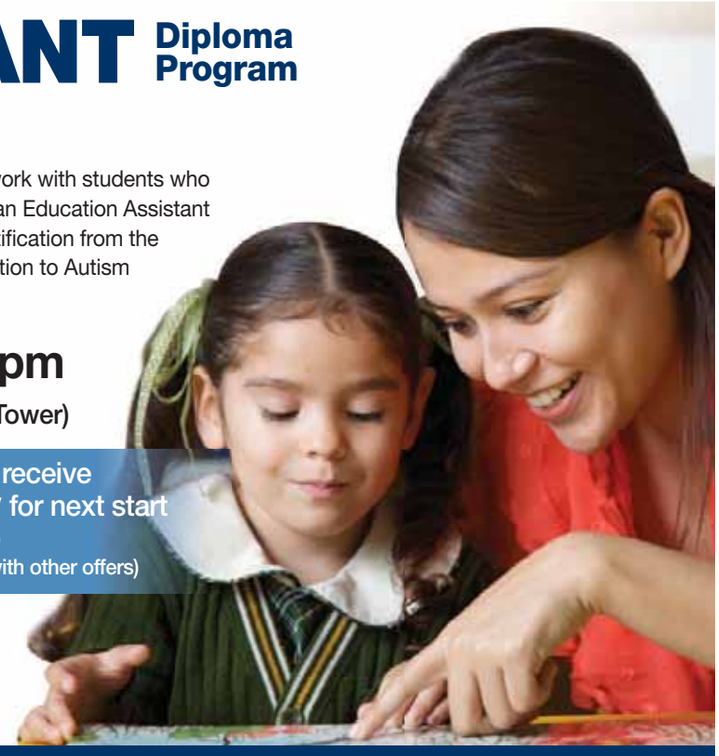

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Is Vancouver Island ready to handle 'the big waves'?

History repeating. In 1700, a massive quake and tsunami devastated the Pacific coast — and scientists say such events aren't one-time things

A tsunami evacuation site sign is shown on high ground near the House of Huu-ay-aht in the village of Anacla in Pachena Bay, B.C., on Wednesday.
JONATHAN HAYWARD /THE CANADIAN PRESS

The low tide, bright sunshine and constant roar of endlessly approaching waves display the full power of the wide-open Vancouver Island shoreline at the remote beach handed down to Stella Peters and her family as a wedding dowry.

For generations, Peters and her relatives have been the keepers of Pachena Bay, the picturesque beach that scientists forecast as an epicentre for the next massive earthquake and tsunami.

The bay is also the home to the Huu-ay-aht First Nations village of Anacla, about 300 kilometres northwest of Victoria. Aboriginal oral history says Anacia was devastated when an ancient earthquake convulsed the West Coast of North America.

First Nations from Vancouver Island to northern California describe the earthquake and tsunami in similar legends and artwork involving a life-and-death struggle between a thunderbird and a whale that caused the earth to shake violently and the seas to wash away their people and homes.

When the next megathrust quake hits, residents on the west side of Vancouver Island will have barely 20 minutes to get to higher ground.

"Every year we hear the same thing, that, 'Oh, the big waves are going to come, the big waves are going to come,"' Peters says as she looks out on the Pacific Ocean. "I'm not really too worried about it actually happening. We're not ready for it, but in a sense we are. We seem to be on the ball when it comes to evacuating the place."

"Nobody (will be) left behind," says Peters. "All the elders, the kids, even the dogs are all taken out of here."

On Jan. 26, 1700, at about 9 p.m., a magnitude-9 earthquake struck the Pacific coast, causing violent shaking for minutes that scientists believe was felt as far away as the Manitoba border. The shaking was followed almost immediately by a tsunami that legend and scientists say sucked everybody and everything along the outer coast into the ocean.

About nine hours later, a tsunami the height of a four-storey building hit the Japanese coast on Jan. 27, 1700, destroying all in its path.

It wasn't until the late 1990s that scientists linked the tsunami in Japan to geologic reports of the earthquake off the Pacific coast in North America.

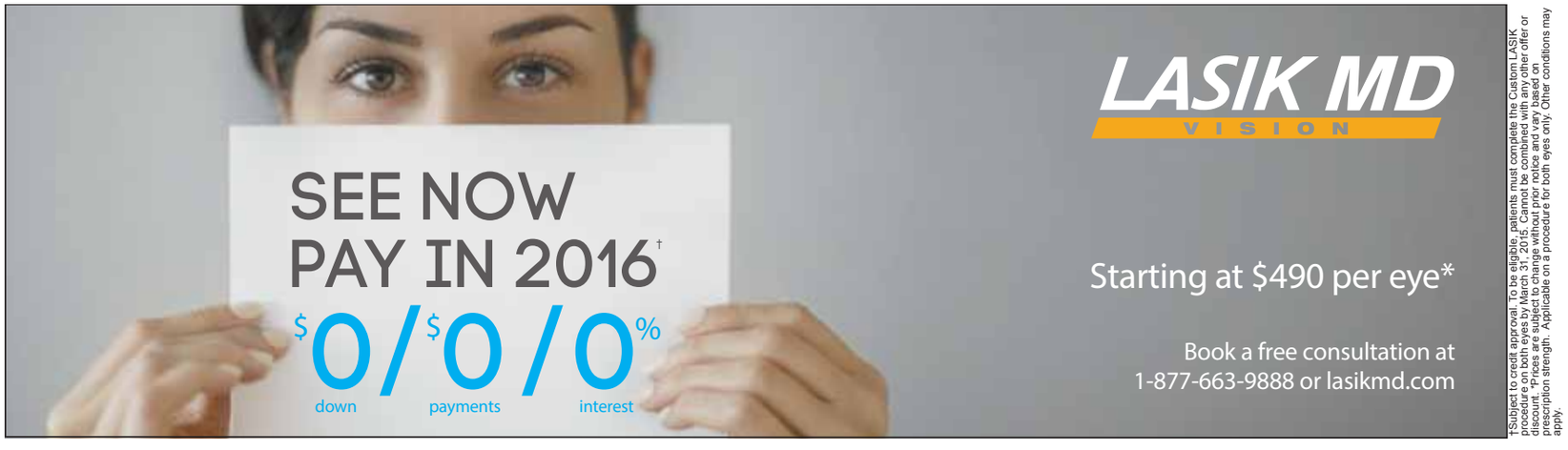
Scientists using earthquake mapping and profiling techniques now believe the ancient quake and tsunami are eerily similar to the magnitude-9.2 earthquake and tsunami that struck in the Indian Ocean on Boxing Day 2004, killing more than 250,000 people.

Earthquakes and tsunamis like the Vancouver Island and Boxing Day events are not one-time occurrences, due to their locations near major fault lines that build up pressure over 300 to 500 years and eventually cause the earth to buckle and let go, scientists say.

The Cascadia subduction zone off Vancouver Island is the result of two locked geological plates under the sea floor.

"Right now the two plates are sort of stuck together," says Alison Bird, a Victoria-area Natural Resources Canada seismologist. "They're locked, yet they are still moving toward each other. What's happening is there's a lot of stress building up. The stress builds up over hundreds of years and when it releases it releases in a megathrust earthquake."

THE CANADIAN PRESS



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Federal Liberals reject Jodie Emery's bid for nomination

Wife of 'Prince of Pot'. Emery was running federally in East Van

MATT KIELTYKA
matt.kieltyka@metronews.ca

Marijuana activist Jodie Emery won't be running for the Liberals after all.

After a year of speculation and headlines, the federal Liberal party officially ended Emery's hopes of running federally in Vancouver East by rejecting her nomination papers.

Emery, the wife of "Prince of Pot" Marc Emery, said she was notified with an email Friday explaining that the party's green light committee, "upon careful review," decided she was not a qualified candidate and would not be able to contest for the Liberal nomination.

Emery believes her bid failed because her activism, and marriage to Marc, is an easy target for attack campaigns.

Even then, she was confident of challenging for the nomination.

But that changed after long-time incumbent NDP MP Libby Davies announced she would not seek re-election in Vancouver East, she said.

"It was fine for me to run when it was a no-hope riding. You couldn't pay someone to run against Libby, who is a role model parliamentarian," said Emery. "But when she announced her decision to retire, it got very serious. The Liberals want to put everything they have into the riding."

Liberal spokesman Olivier Duchesneau confirmed Emery's bid had been rejected, but declined to say why.

"We can't get into specific reasons of green light committee decisions," he said.

"I can confirm (Emery) is not running as a Liberal candidate.

"We're committed to open nominations, but that does not mean everyone can have their name on a ballot."

Emery, who has ran previously as a Green Party candidate, said she will continue to support the Liberals, believing them to be the best bet for marijuana legalization.

Jodie Emery, wife of Marijuana activist Marc Emery, listens to her husband during his 'welcome home party' in downtown Vancouver. BEN NELMS/THE CANADIAN PRESS

Casino loses bid to dismiss discrimination case

NEAL HALL
The Canadian Press
exclusively for Metro

Three judges of the B.C. Court of Appeal have ruled to uphold the original decision by the B.C. Human Rights Tribunal to hear a complaint of racial discrimination against Edgewater Casino of Vancouver.

The complainant, Anita Chubb-Kennedy, an aboriginal woman who says she regularly attends the casino, was twice kicked off the casino's shuttle bus after the driver accused her of being intoxicated, loud and obnoxious.

In the first incident, the driver thought Chubb-Kennedy was intoxicated or impaired by drugs or alcohol, and on the second occasion the driver responded to complaints from other passengers of Chubb-Kennedy smelling "like alcohol" and being obnoxious, according to the Appeal Court ruling.

The complainant denies she has ever been drunk on the casino shuttle bus or at the casino, saying she does not consume alcohol.

The B.C. Human Rights Tribunal initially decided it would hear the complaint. But the casino asked a B.C. Supreme Court for a judicial review of the tribunal decision.

The casino was partly successful in having two of three parts of the complaint dismissed by the judge who heard the judicial review, but the judge still allowed the racial discrimination complaint to proceed to a hearing.

The casino appealed the lower court ruling to the B.C. Court of Appeal, arguing the complaint should have been dismissed entirely.

Instead, the three-judge appeal panel unanimously found that the decision by the reviewing judge was not patently unreasonable, so the complaint should go to a hearing.

"The Tribunal declined to dismiss the complaint of discrimination on the basis of race and ancestry at the preliminary stage, saying that the description of the complainant's behaviour in the affidavits filed by Edgewater Casino 'accuses Mrs. Chubb-Kennedy of behaviour stereotypical of persons [of] First Nations descent'," the appeal court said in written reasons.

"The Tribunal found this was 'enough to establish a nexus between the behaviour complained of and the protection under the Code'."

No date has been set for hearing the complaint. The casino, which denies Chubb-Kennedy's allegation, has 30 days to decide whether there are grounds to appeal the matter to the Supreme Court of Canada.

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Pipeline. More questions for Kinder Morgan

The City of Vancouver has submitted 597 more questions to Kinder Morgan as part of the ongoing National Energy Board process into the proposed Trans Mountain pipeline expansion project.

According to a statement from the city on Friday, staff have been unsatisfied with responses from Kinder Morgan to date. Of the 394 questions the city submitted in the first round of information requests, it says the proponent failed to answer 150.

The city continues "to find very significant gaps" in the information received, it says, including specifics on possible benefits and spill response plans.

"If there is any hope of the NEB making a decision that truly reflects the public interest of Canadians then all the facts must be on the table," said deputy city manager Sandhu Johnston in the release.

Vancouver has intervenor status in the hearings.

MATT KIELTYKA/METRO

Health. Overcrowding at Surrey Memorial Hospital

Surrey Memorial Hospital is grappling with its highest-ever volumes of emergency patients and an outbreak of the potentially deadly C. difficile, according to an internal bulletin.

The bulletin obtained by The Canadian Press informed staff on Friday that the hospital is experiencing "unprecedented" congestion.

A Fraser Health Authority spokesman said the emergency room is seeing up to 500 people per day — a significant spike that he attributed to a high number of flu cases in the community.

Ken Donohue said the hospital has also declared a C. difficile outbreak, meaning there are three or more cases and staff are taking extra steps to stop the infection from spreading. C. difficile is a bacterium that often spreads through poor hand-washing and occurs after antibiotic treatment. The infection and ensuing diarrhea can cause death in the very ill and elderly.

There are also infections of influenza, CPE bacteria and respiratory conditions throughout the facility, but Donohue said they are not being declared outbreaks.

Quoted

"While Fraser Health is describing it as unprecedented, it's certainly not unanticipated."

Gayle Duteil, president of the B.C. Nurses' Union

He said the emergency room has a triage system ensuring those with serious illness and injury are seen first, and that patient levels have already fallen over the past 24 hours.

But Gayle Duteil, president of the B.C. Nurses' Union, said her members are calling the "chaotic" conditions inside the hospital the worst they've ever seen. She said patients are waiting up to 45 minutes to be looked at. The hospital has re-opened its old emergency department, and patients are lining the halls, she said.

There are multiple admitted patients who require hospital care who are sitting in chairs waiting for beds, she added.

THE CANADIAN PRESS

Crews work at the Rockstar Energy Canada Terrain Park at Mount Seymour on Friday. FACEBOOK

North Van resorts off to a late start

Weather woes. Mount Seymour forced to close most runs after rainy weekend

EMILY JACKSON
emily.jackson@metronews.ca

Local skiers are crossing their fingers for snow after a late start to the season and a rainy weekend that wiped some of the limited powder off the North Shore mountains.

Mount Seymour, the only of the three local ski resorts without a snow-making machine, could only open two of its 39 runs on Sunday due to heavy rainfall overnight, spokeswoman Emmalee Brunt said.

While its terrain parks and beginner areas are operating after snowfalls on Boxing Day and in early January, it's the second year in a row the ski hill's season pass holders have been frustrated with Mother Nature.

"This is definitely unusual. Last year was cool and dry, and this year it seems to be warm and wet," Brunt said. "We're just fingers crossed over here."

It's not unprecedented to have two bad seasons in a row — there were rough periods in the 1980s and the early 2000s — but the resort is developing policies to reimburse season pass holders disappointed by limited skiing.

Mount Seymour will credit buyers with a portion of the season pass price if the Mystery Peak chairlift isn't open for at least 100 days, Brunt said. It will consider buying snow-making equipment for future seasons if the weather persists, she added, but the operators remain hopeful that the weather will turn in February.

More chairlifts were open at Grouse and Cypress mountains over the weekend, although Saturday's stormy weather prompted some closures on Sunday.

As the resorts grapple with the weather, mountain users are turning to social media to express their frustrations with the lack of snow as they wait for the ski resorts to update their conditions.

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Halibut 'wastage' in Bering Sea up for debate

This year's catch. Total yield is expected to be 1.56 million kilograms — of that, a little over 1.31 million kilos is expected to be bycatch

You might say it's a story about the fish that didn't get away. Fishermen in the Bering Sea off the coast of Alaska are tossing back millions of kilograms of dead halibut they've caught unintentionally while scooping up other stocks.

The longtime practice, known as bycatch, has become the focus of intense scrutiny in Alaska and will be the subject of debate at month's end, at a meeting of the International Pacific Halibut Commission in Vancouver.

What's at fault depends on who is talking. Some blame government regulations that forbid fishermen from keeping bycatch, others say it's because of fish sorting-and-recording methods, and still others point to Alaska's failure to follow the lead of British Columbia, Washington, Oregon and California.

Chris Oliver, executive director of the North Pacific Fishery Management Council, one of two U.S. agencies that manages the Alaskan fishery, said the public shouldn't forget the market, either.

"Yes, it's a lot of halibut thrown over." he said.

"But again, you know, it supports a two-million-metric-ton groundfish fishery worth billions of dollars to this U.S. economy. In fairness, yes, there's a lot of wastage of halibut." THE CANADIAN PRESS

National Marine Fisheries Service crew participate in a trawl survey in the Aleutian Islands July 3, 2012. COURTESY PAUL LOGAN/THE CANADIAN PRESS

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Sentenced

Car keyer gets three months' jail

A 37-year-old repeat offender has been sentenced to three months in jail and three years probation after being convicted of one count of mischief to property over $5,000.

Soo Yo Kim was found to be keying more than 100 cars in New Westminster and Burnaby late last year, causing thousands of dollars in damages to people's vehicles.

Kim was previously been convicted of similar incidents throughout the Lower Mainland.

METRO

Abbotsford

Police probe shooting

Police are investigating after a 19-year-old shooting victim arrived at Abbotsford Regional Hospital on Friday afternoon.

Hospital staff contacted police as the man was treated for non-life-threatening injuries.

The victim told investigators he was involved in a conflict in the area of McKenzie Road and Fern Street before being shot.

Police are asking anyone who was in the area from 12:30 p.m. to 2:30 p.m. to contact them.

METRO

Charlie Hebdo. Limited copies now in Vancouver

THANDI FLETCHER
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Vancouverites trying to get their hands on the latest issue of Charlie Hebdo may be hard pressed.

A B.C. sales representative for the French satirical magazine's Canadian distributor said only 30 copies will be sent to this province, of which 23 will be sold in Vancouver and a "handful" in Victoria.

"Suddenly the whole of Canada wants this," sales rep Tom Hale told Metro. "That's what happens when you get an event like this and there's a printed edition of something available. Demand far exceeds the supply."

The magazine, the first one produced since two Islamic extremists opened fire at the magazine's Paris offices and killed 12 people, went up for sale Friday in some parts of Canada but is anticipated to only arrive at three Vancouver newsstands Tuesday or Wednesday, said Hale.

McNews in North Vancouver, the British News Agent in North Vancouver and Mayfair News on West Broadway have all placed orders for the magazine, he said.

But Hale said he expects most of those copies to already have been "spoken for," as local newsstands will likely have kept a list of people who have reserved copies this week.

Hale said LMPI hopes to place a second order for more copies of Charlie Hebdo, "should a second print become available."

The small shipment is unfortunate, said staff at local newsstands, especially with the high demand from people in Vancouver who want to see the magazine at the heart of an international tragedy.

"People keep calling every day," said a clerk at Mayfair News who wouldn't provide his name because he is not authorized to speak to media. "Everyone wants it."

Quoted

"Everyone wants it."

Clerk at Mayfair News

Language. Quebec rejects calls to do more for Anglos

The Quebec government has rejected a renewed call by Canada's official languages commissioner that it create an office of anglophone affairs to better serve the province's linguistic minority.

Graham Fraser told The Canadian Press he met with the three Liberal anglophone members of the legislature and said there was "no indication" the governing party would create a body dedicated to Quebec's 600,000 anglophones.

The government's reaction is not a surprise to community groups in Quebec who often complain the Liberal government's rhetoric about the province's anglophones doesn't match its actions.

The Liberals publicly acknowledge the importance of the province's English speakers — as opposed to their predecessors who were, at times, openly hostile to Quebec's largest linguistic minority.

Official Languages commissioner Graham Fraser THE CANADIAN PRESS

But members of Quebec's anglophone minority say local control over institutions at the heart of their community is slowly eroding, as is their influence over public policy — regardless of the government in power. THE CANADIAN PRESS

Palestinians hurl eggs, shoes at Baird's convoy

Ramallah. Foreign Minister John Baird greeted by dozens of protesters during a visit to Palestine

Dozens of Palestinian protesters hurled eggs and shoes at the convoy of the visiting Canadian foreign minister Sunday in a show of defiance toward Canada's perceived pro-Israel stance.

John Baird was visiting Ramallah to meet Palestinian Foreign Minister Riad Malki when demonstrators pelted his convoy.

Baird shrugged off the incident. "I was in Mike Harris' cabinet for four years. I got a lot worse," Baird told reporters afterward, referring to Harris's Progressive Conservative government in Ontario that was often targeted for its cost cutting.

The Palestinian protesters also held signs reading: "Baird, you are not welcome in Palestine" and "Baird, Jerusalem is our capital." Media reports say Baird was not hit.

"We take a strong position supporting the only liberal and democratic state in the region," Baird said. "We take the view that (in) a peace process, progress is best made at the negotiating table and not through unilateral actions on the other side. We're proud of that position, we believe it's the best one and don't apologize for it."

Activists from Palestinian President Mahmoud Abbas' Fatah party earlier had called for a boycott of Baird because of Canada's Middle East policies.

"This person backs up the Zionist movement," protester Abdullah Abu-Rahmeh said. "This person diminishes the rights of our people, takes part and backs up building of settlements. We tell him that he's not welcome." THE ASSOCIATED PRESS

Canada's pro-Israel stance

Canada has been one of only a few Western countries to stand by Israel as it has come under fierce international criticism over deadlocked negotiations with the Palestinians, the recent Gaza war and its settlement building.

- Canada also opposes the Palestinians' unilateral attempts to reach statehood as well as its recent bid to pursue war crime charges against Israel at the International Criminal Court.

Alberta. Injured Mountie unlikely to survive: RCMP

The RCMP officer who was shot in the head at close range Saturday, while trying to arrest a suspect, is not expected to survive his injuries, Alberta RCMP say.

Const. David Wynn and Auxiliary Const. Derek Bond were the two St. Albert officers who responded to reports of a stolen vehicle early Saturday morning at the Apex Casino.

After locating the 34-year-old suspect, Shawn Maxwell Rehn, both officers were shot as they attempted to arrest him.

Bond suffered from a bullet wound to his torso and arm, while Wynn was shot in the head immediately after.

The short, yet violent altercation happened within a matter of seconds, said assistant commissioner Marlin Degrand.

The incident has prompted the RCMP to undergo an analysis on how Rehn was able to be in the community. According to RCMP commissioner Bob Paulson, it's hard to understand how Rehn was out in public, considering his extensive history of violence. Rehn had a series of gun-related charges and conditions, including one that forbid from possessing a firearm for life. Both officers were unaware of Rehn's history, Paulson said, when they went to make the arrest.

While Wynn's condition is grave, Deputy Commissioner Marianne Ryan said, Bond has been released from hospital, but will remain under observation.

LEAH HOLOIDAY/METRO IN EDMONTON

A tearful welcome for HMCS Toronto

Lt.-Comm. Sheldon Gillis, left, embraces his daughter Ella, 8, after disembarking from the HMCS Toronto in Halifax on Sunday morning following a seven-month deployment. The warship was taking part in a NATO exercise in the Mediterranean Sea responding to Russia's military aggression in Ukraine.

JEFF HARPER/METRO IN HALIFAX

Winnipeg

MP: Why no Flag Day celebration?

A Winnipeg MP left wondering why there's no real hoopla planned to mark next month's 50th birthday of Canada's Maple Leaf flag has decided to fly his own plans up the flag pole.

Winnipeg North MP Kevin Lamoureux said he's worried our flag's golden anniversary on Feb. 15 may go by unnoticed because the federal government isn't doing anything major to mark the occasion.

Feb. 15 was named National Flag of Canada Day in 1996 and marks the anniversary of the first time the Maple Leaf flag flew at Parliament Hill in Ottawa back in 1965.

Canadian Heritage recently said the day would be marked by educational activities and special events, but the department couldn't say how much it's spending on the flag's birthday. Lamoureux said he thinks the Maple Leaf flag deserves better treatment on its 50th. He'll be sending mailers reminding constituents about the occasion to every home in his riding and is planning a flag raising ceremony on the 15th. SHANE GIBSON/METRO, WITH FILES FROM THE CANADIAN PRESS

DND aims to add more stringent oversight of military intelligence

National Defence has been looking at ways to introduce more stringent oversight of its intelligence operations, but "fiscal restraint" may prevent the department from implementing the preferred option.

A series of internal documents, obtained by The Canadian Press under access-to-information legislation, show the head of defence intelligence ordered an independent review — which was conducted in the wake of the scandal involving navy sub-Lt. Jeffery Delisle, who was convicted of spying for the Russians.

Unlike the Canadian Security Intelligence Service and the Communications Security Establishment, there is no direct civilian oversight body to review the actions and operations of military agents, who conduct investigations into possible threats against the Forces both overseas and on Canadian soil.

The powers of intelligence services have come under the microscope following allegations of National Security Agency eavesdropping in the U.S., and the bombshell revelations of former contractor Edward Snowden.

Closer to home, CSE has faced questions about its activities.

The draft defence intelligence review lays out four options, of which the preferred would be a permanent, independent review board reporting directly to the minister and taking its authority from the federal Inquiries Act.

But in recommending the idea, the report noted defence may have to accept a watered-down version in the form of a part-time review team — a so-called hybrid option — that would be appointed for external reviews when necessary.

The assessment said they recognized that "in a period of fiscal restraint and downsizing" a permanent review team might not be possible and that the government might want to "avoid the challenges and costs" of setting up the body. THE CANADIAN PRESS

France

Police release 3 suspects, hold 9 for questioning

French police have released three female suspects from questioning, but will keep nine other people in custody as part of an anti-terror investigation connected to last week's attacks in Paris that have put Europe on high alert, officials said Sunday.

Amid the heightened European vigilance, a far-right rally in Germany planned for Monday was cancelled over a terrorism threat, Italy said it had expelled nine suspected jihadis since late December and Britain's home secretary called for new action to fight anti-Semitism in the wake of the Paris attacks. THE ASSOCIATED PRESS

Fighting

Ukraine leader vows to reassert control

Ukraine's president vowed Sunday to reassert government control over eastern regions as the army unleashed a counter-offensive against Russian-backed separatist fighters vying for command over the airport in the city of Donetsk.

The separatist stronghold was shaken by intense outgoing and incoming artillery fire over the weekend as a bitter battle rages for the air terminal and surrounding areas.

Streets in Donetsk, which was home to one million people before unrest erupted in spring, were completely deserted Sunday and the windows of apartments in the centre were rattled by incessant rocket and mortar fire. THE ASSOCIATED PRESS

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Pope draws record numbers to Manila Mass

Record figure. Francis dedicated the final part of his week-long Asia trip to children

A crowd estimated at a record six million people by officials poured into Manila's rain-soaked streets and its biggest park Sunday as Pope Francis ended his Asian pilgrimage with an appeal for Filipinos to protect their young from sin and vice so they can instead become missionaries of the faith.

The crowd estimate, which could not be independently verified, included people who attended the Pope's final Mass in Rizal Park and surrounding areas, and lined his motorcade route, said the chairman of the Metropolitan Manila Development Authority, Francis Tolentino.

The Vatican spokesman, the Rev. Federico Lombardi, said the Vatican had received the figure officially from local authorities and that it was a record, surpassing the five million who turned out for St. John Paul II's final Mass in the same park in 1995.

Francis dedicated the final homily of his week-long Asia trip, which began in Sri Lanka, to children, given that the Mass fell on an important feast day honouring the infant Jesus. His focus was a reflection of the importance that the Vatican places on Asia as the future of the church since it's one of the few places where Catholic numbers are growing — and on the Philippines as the largest Catholic nation in the region.

"We need to see each child as a gift to be welcomed, cherished and protected," Francis said in his homily. "And we need to care for our young people, not allowing them to be robbed of hope and condemned to a life on the streets." THE ASSOCIATED PRESS

In this aerial photo provided by the Philippine Air Force, a massive crowd of Filipino faithful fill up the Rizal Park during a Mass celebrated by Pope Francis Sunday in Manila, Philippines. PHILIPPINE AIR FORCE/THE ASSOCIATED PRESS

An estimated 20,000 people have died from kidney disease in Sri Lanka's rice basket over the past 20 years. Doctors have been unable to identify the cause. THE ASSOCIATED PRESS FILE/ERANGA JAYAWARDENA

Mysterious disease kills thousands

Sri Lanka. Doctors and researchers are still baffled, more than two decades after people started dying in farming communities

V.G. Karunawathie isn't hungry for breakfast. She rarely is these days, but she forces herself to choke down a few bites of rice, dried fish and a simple coconut mix.

The doctors say it's better to have something in her stomach before the four-hour dialysis treatments. She's going for her second session of the week. Her fingers and toes are fat with fluid, and her spongy arms feel like water balloons.

Karunawathie is only 40, but she is dying, and no one knows why. Her kidneys have stopped working, and now she's kept alive by a pump that filters waste from her blood.

The cause of her disease, which affects up to 400,000 people in Sri Lanka's rice basket, has baffled doctors and researchers for two decades. Even the World Health Organization hasn't been able to pinpoint what's killing as many as 10 people a month in Karunawathie's village.

The disease mirrors equally confounding conditions plaguing thousands of farmworkers in parts of India, Egypt and Central America. Suspected causes include chronic dehydration and the heavy use, and misuse, of agrochemicals — among the heaviest in the world.

No single cause has been identified, but theories abound. Many believe a combination of factors could be at play — from toxic algae and hard ground water to heavy metal exposure and fluoride in drinking water.

Karunawathie understands more about this chronic kidney disease than anyone should. It killed her father, mother and five brothers. Three other siblings have been sickened.

As the youngest of a dozen children, she was diagnosed 12 years ago in her farming village. She's been told to stop eating fish and lotus root and to swap her aluminum pots and pans for clay utensils.

She's heard arsenic is to blame, along with cadmium, lead and even home-brewed alcohol. Like most, she believes there's something in the water. But she has long given up trying to determine the source. Instead, she lives day to day at the mercy of a machine.

More than a half-century ago, after Sri Lanka gained independence from Britain, farmers were encouraged to move to the hot, dusty North Central province with offers of free land. They swapped ancient farming practices for modern techniques and adopted chemicals that promised the dream of self-sufficiency.

Rice paddies and vegetable fields soon dotted the vast, flat land irrigated by large reservoirs. Today, Sri Lanka produces enough rice to feed its 20 million people.

Karunawathie's father was among those who claimed a piece of this harsh ground. He earned good money farming tobacco when she was a child, and the whole family helped harvest and handle the pesticide-coated leaves.

Then in 1987, her father died after his kidneys suddenly gave out. He was one of the first in the village to succumb.

THE ASSOCIATED PRESS

Teen runaways on crime spree arrested

Two teenage sweethearts suspected in a crime spree of stolen vehicles and pilfered cheques across the U.S. South have been taken into custody in Florida, Kentucky authorities said Sunday.

Grayson County Sheriff officials said 18-year-old Dalton Hayes and his 13-year-old girlfriend, Cheyenne Phillips, were arrested without incident about 12:10 a.m. Sunday in Panama City Beach.

The two had eluded police in multiple states while raising concern about their increasingly bold behaviour.

The U.S. Marshals Service and local law enforcement in Panama City Beach discovered Hayes and Phillips asleep in a 2001 Toyota Tundra that was stolen in Georgia.

Hayes and Phillips began their run earlier this month when they vanished from their small hometown in western Kentucky. Authorities believe their travels took them to South Carolina and Georgia.

Hayes was running away from trouble back home, where he faces burglary and theft charges.

Norman Chaffins, sheriff in Grayson County, said the couple's behaviour had become "increasingly brazen and dangerous."

Twice, the teens were able to evade police in Kentucky. They crashed the first truck they stole and hid in the woods.

They stole another truck nearby, Chaffins said.

At one point, the two were spotted at a Walmart in South Carolina, where the teens are thought to have passed two stolen cheques, said Manning, South Carolina, Police Chief Blair Shaffer.

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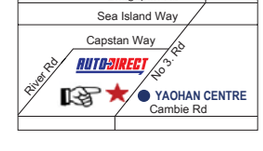

Dating site's legal battle with ex-employee ends

Concluded affair. Ashley Madison, former profile writer agree to have their case dismissed

The homepage of the Ashley Madison dating website is displayed on a laptop in Hong Kong in 2013. A legal battle between the Toronto-based website and a former employee has been dismissed by the courts. GETTY IMAGES FILE

The legal battle between a Canadian dating site for married people seeking affairs and a former employee who claimed she was injured typing up fake profiles has come to an end.

A lawsuit and countersuit between the Toronto-based Ashley Madison website and Doriana Silva have been dismissed without costs by the Ontario Superior Court.

The parties agreed to the move after the court threatened to dismiss the suits with costs, noting the cases still hadn't been placed on a trial list more than two years after the initial lawsuit was filed.

Avi Weisman, vice-president and general counsel for Ashley Madison's parent company Avid Life Media, says the company is "very pleased with the outcome."

The dispute began when Silva — who came to Toronto from Brazil — sued her former employer in 2012, alleging she seriously hurt her wrists and forearms typing up 1,000 "fake female profiles" over a few weeks for a new Portuguese-language version of the site.

She sought $20 million for what she called the company's "unjust enrichment" at her expense.

In her claim, Silva said the profiles were meant to lure unsuspecting men to join the dating site.

Ashley Madison denied the allegations and slapped her with a countersuit, claiming she kept confidential documents, including copies of her "work product and training materials."

The countersuit sought to retrieve the documents and obtain $100,000 in damages plus legal costs. The company also argued that the nature of what Silva typed was irrelevant and simply thrown in to tarnish the company's reputation.

Silva claimed she was led to believe writing the profiles was common in the online dating industry and would have otherwise refused. She also claimed she made her superiors aware of her injuries, which she said were ignored.

In the company's statement of defence, Ashley Madison said Silva only mentioned her injuries following the end of her probation period, at which point she was given time off.

The company alleged Silva continually delayed her return, claiming she had since led an active online presence, which it said would not be possible were she seriously injured. THE CANADIAN PRESS

By the numbers

$20M

Doriana Silva had been seeking $20 million in damages from Ashley Madison for injuries she claims she suffered while writing profiles for the company.

Online retail. U.S. stores a step ahead of Canadian companies: Analysts

Aggressive moves by U.S. retailers to win over Canadian online shoppers with perks such as price-matching and free shipping might be just what Canadian stores need to sharpen their e-commerce offerings.

"I think (Canadian) retailers have been complacent — until now. (But) things are changing with the influx of U.S. competition," says retail analyst Doug Stephens.

Stephens said pressure is building for established retailers such as Hudson's Bay Co. and Canadian Tire to beef up their online presence. The experience companies like Amazon and Walmart have in e-commerce, as well as the speed online-shopping technology is evolving, puts Canadian retailers at a disadvantage.

Retailers have also been held back by legacy computer systems, said Sally Seston, founder of Retail Category Consultants.

"It's a huge expense to make that leap into the technology, to be in the position of where you need to be to add these services," she said.

Quoted

"I think (Canadian) retailers have been complacent."

Doug Stephens, retail analyst

She suggests the goal for Canadian retailers may not be to mirror the U.S., but rather, countries in Europe or even Australia that have similar distribution challenges, including in-store delivery or pickup at lockers available after hours.

Canadian Tire seems to be taking this route, as customers are allowed to pick up items in-store, but the company said e-commerce won't be a meaningful part of its business until 2017.

Hudson's Bay executive chairman Richard Baker emphasized the importance of digital sales. The company's hope is to have digital sales account for 20 per cent of overall sales within the next five years. THE CANADIAN PRESS

Pressure is building for established retailers such Canadian Tire to beef up their web presence to compete with U.S. companies. LUCAS OLENIUK/TORSTAR NEWS SERVICE

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VOICES

TOO MUCH MONEY GOES INTO CAMPAIGNS

It's about time we followed the example of other provinces and cities that have put limits on municipal campaign spending and contributions.

CITY HOLLER
Trish Kelly

Many have heard about the staggering amount of money that is spent on a Vancouver election. In the recent civic election, political parties once again spent around $5 million.

It isn't good for Vancouver that our elections are such money pits. Excessive spending leaves everyday citizens rightly suspicious of our electoral system — how can politicians not be influenced by the wants of their big donors?

Over-the-top spending also puts political office out of reach for potential candidates whose wealth is in community connections, not rich friends. In the current system, where there is no cap on how much can be donated by a single donor, a candidate doesn't even need many wealthy friends, just one stinking-rich friend.

An election race that is more about raising money than discussing ideas of governance means we miss out on potential leaders who just don't have the money to compete.

I was a municipal political candidate for a brief period last year. When I was no longer on the ballot with one of the well-endowed political parties, my supporters encouraged me to run as an independent. Running as an independent in a town with no campaign spending limits is an unwinnable proposition. Even smaller political parties have a hard time getting their candidates elected when the leading parties race to see who can outspend the others.

Tuesday night, city council will hear a familiar motion from Coun. Andrea Reimer asking the provincial government to address the gross reality of campaign finance in Vancouver. The motion asks the provincial government to finally put limits on municipal campaign spending and contributions, as well as a ban on donations from corporations and unions, and provide for greater transparency about donations during non-election years. It's not the first time Vancouver city council has asked the provincial government to make changes — it's actually the sixth time since 2005.

Ballooning budgets

With no campaign fundraising or spending limits, Vancouver election budgets have been ballooning for years. According to Reimer's motion, spending in Vancouver campaigns has grown 175 per cent in the past decade.

We need these changes. With no campaign fundraising or spending limits, Vancouver election budgets have been ballooning for years. According to Reimer's motion, spending in Vancouver campaigns has grown 175 per cent in the past decade.

Last year, the province finally struck a special committee on local elections expense limits to consider maybe limiting expense amounts for candidates and third-party advertisers. That's great, but it's not the only problem. Reimer's motion rises with the hope that the special committee could look at all the reforms that are needed.

The province holds the power to make the changes we need so Vancouver elections can be fairer and bring political representation within reach of the not so rich. Plenty of other provinces and cities have worked it out. Now it's our turn.

Follow Trish Kelly on Twitter @trishkellyc

Your Vancouver

The Lions at sunrise

Delta resident Gord McKenna captured this photo of The Lions at sunrise recently during a dawn sightseeing flight.
COURTESY GORD MCKENNA

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Upcoming

Prison practices

The B.C. Civil Liberties Association and the legal team at the John Howard Society are making a significant announcement today in relation to Canada's prison practices and actions of the Correctional Services of Canada. METRO

First civic building with aboriginal name

A groundbreaking will be held today for a new branch of the Vancouver Public Library. The building, at 730 East Hastings St., in Strathcona, will be called náča?mat ct, which means "we are one" in the Musqueam language. It will be the first civic building in Vancouver with an aboriginal name. METRO

City before the city

On Sunday, the Musqueam First Nation, the Museum of Anthropology and the Museum of Vancouver are partnering to open three distinct exhibitions on the ancient aboriginal village and burial sites in Marpole in South Vancouver. For more information visit thecitybeforethecity.com. METRO

Escape to Hawaii

On Saturday and Sunday, the Vancouver Aquarium is hosting a special presentation of Honu by the Sea, a Hawaiian musical. The story follows Kainoa, a Waikiki Beach Boy, who meets Mailia, the Honu, and her ocean friends. Visit vanaqua.org for show times and schedules. METRO

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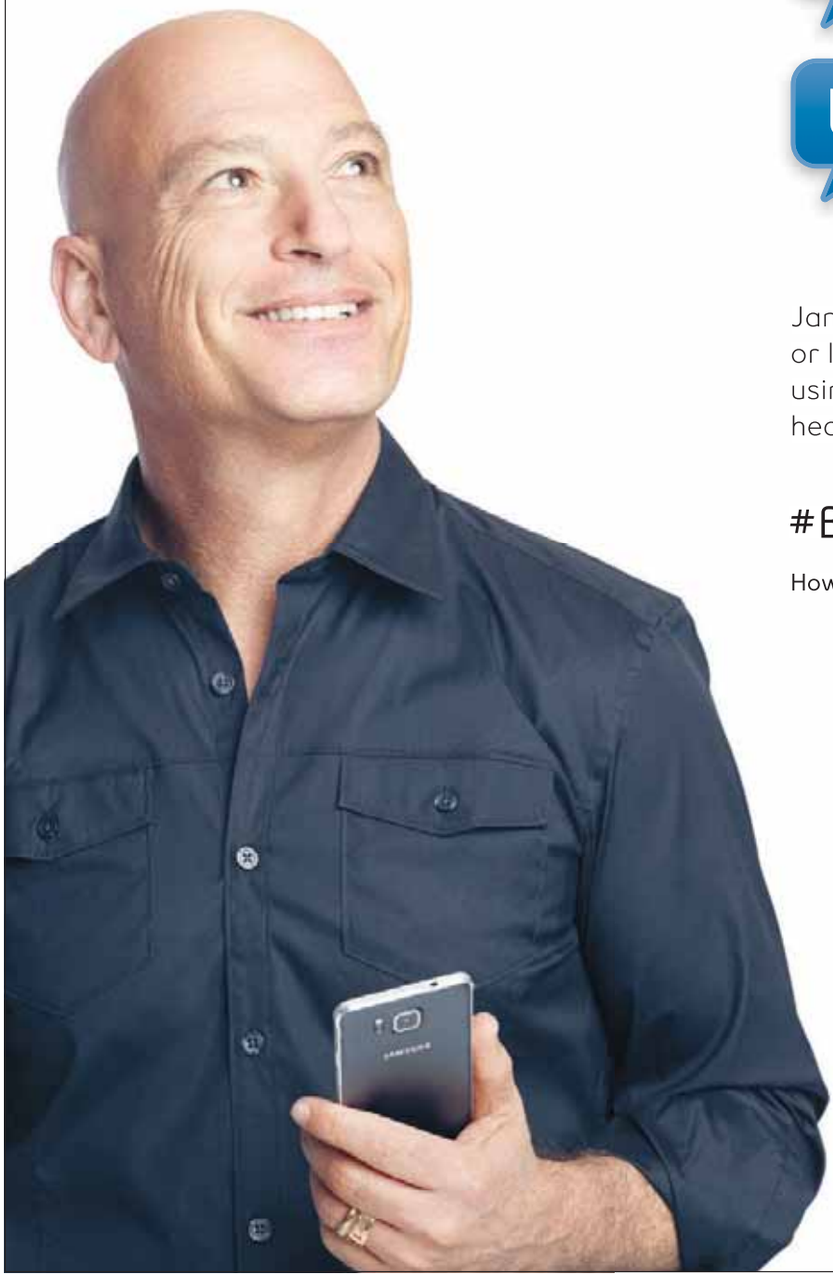

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Mariah Carey ALL PHOTOS GETTY IMAGES EXCEPT WHERE NOTED

Nick is Wild 'N Out as he files for divorce from Mimi

Nick Cannon

It looks like any hopes of reconciliation between Mariah Carey and Nick Cannon have been dashed, as TMZ reports that Cannon has "quietly" filed for divorce last month.

The move comes just 10 days after Carey was late to a Christmas tree-lighting ceremony, forcing her to sing live and unprepared. Sources say her tardiness was caused by phone calls with her lawyers hashing out the terms of the divorce, as Carey is keen to keep Cannon out of her upcoming big-ticket residency series in Las Vegas.

Hey, remember last April when divorce rumours first started to swirl and Cannon vehemently denied them?

Oh well.

Curvy model gives the skinny on the weight of women in Hollywood

Plus-size model Ashley Graham has a bone to pick with Hollywood about how definitions of size have changed.

"You girls don't have much to look at. Curvy women are not on the covers of magazines, they're not talked about on social media as much as other celebrities," Graham writes in an essay for Net-A-Porter's The Edit. "Jennifer Lawrence is the media's poster girl for curves — she's tiny!"

Wait, who are these people calling Jennifer Lawrence a big girl, and how do I shut them up? Because come on.

Ashley Graham

Fox in talks to re-open the X-Files

Fox is in talks with David Duchovny and Gillian Anderson to bring back The X-Files for a limited series. CONTRIBUTED

It turns out that Fox had such a good time bringing 24 back for a limited series last year that they're now eager to dip into other long-since-ended favourites for similar treatment. Up first? The X-Files, Fox chairman Gary Newman confirmed to the Television Critics Association over the weekend.

And that's not all. Apparently the network is already talking to stars David Duchovny and Gillian Anderson to find a schedule that works for them to return. Because, as we learned with the last two seasons of the original show, it just doesn't work without Mulder and Scully.

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Anderson prefers Stella role to Scully

Netflix. The Fall star talks Jamie Dornan, complex female sleuths and swimming

There's agent Dana Scully of The X-Files and Blanche Dubois in A Streetcar Named Desire. Also Lily Bart in The House of Mirth, with a little Bedelia du Maurier, aka, Hannibal Lecter's shrink, thrown in.

Of all the period costumes and unraveling of twisted psyches that Gillian Anderson has taken on, she likes her Stella Gibson the most. Gibson being the enigmatic detective superintendent sent from London to Northern Ireland on the critically acclaimed serial-killer series The Fall, a.k.a. the thing Jamie Dornan finds himself in the middle of as Fifty Shades of Grey madness begins to take a tighter hold.

Anderson had little to say about Dornan in a recent interview, begging off because the two didn't physically work with each other on The Fall during the first season. They do a little the second time around as Dornan's woman-killer, ex-family man Paul Spector, goes on the run.

Netflix drops the second season of the taut, Belfast-set drama Friday.

"Jamie Dornan wasn't Mr. Fifty Shades of Grey" when the slow-paced, cat-and-mouse show began on Irish television and the BBC, Anderson said. "Jamie Dornan was cast after having done very little, and we cast him before Fifty Shades of Grey, so that's what our starting point was. This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson GETTY IMAGES

The 46-year-old Anderson, who has won awards for both stage and screen work, owes her early success to Scully, but considers Gibson the most interesting on her resume, with little-to-no backstory provided for the character during the first five-episode season.

"The script for The Fall was very different than anything I've read before, and I felt that Stella was about as complex a character as I ever encountered," she said.

"That appeals to me. Even after the second season, after we do get hints here and there, maybe bits of her past, you're still asking the question who is she and what makes her tick?"

One thing that keeps Gibson going is lap swimming. Anderson hit the pool herself the first season but required a body double for the second.

"I don't generally enjoy it," Anderson said of Gibson's pool obsession. "But the day that we shot all those scenes I thought this is OK, I like this. I could maybe do this on a regular basis, and then between that point and the time that we shot the second season I developed what's called a frozen shoulder."

As for how television's female crime fighters have changed over the years since the X-Files debuted, Anderson doesn't really know. "I don't watch TV myself," she said. "I seriously don't know how people find the time. ... I have a lot on my plate and when I'm (on) airplanes, I'm writing. I'm more likely to choose a film if I do make that time for myself."

Jamie Dornan

"We cast him before Fifty Shades of Grey.... This was a fresh face of somebody who was clearly a very good actor."

Gillian Anderson, speaking of her costar in The Fall

In addition to three kids, Anderson has given birth to A Vision of Fire, the first of a science fiction book trilogy co-written with Jeff Rovin. And she's been working "for about 100 years" on a screen adaptation of Elizabeth Rosner's debut novel, The Speed of Light, about a brother and sister dealing with their father's secret past.

She's now also one of the executive producers on The Fall, which saw the exit of director Jakob Verbruggen. Season 2 duties fell to creator Allan Cubitt. Anderson said she can "pretty much" promise a third season. With Dornan?

"We don't know that he's gonna follow us into a third season," she said. THE ASSOCIATED PRESS

DVD review

The Drop

Director. Michael R. Roskam

Stars. Tom Hardy, Noomi Rapace, James Gandolfini

This underworld drama boasts the final major screen performance by James Gandolfini, who died in 2013. He's spot-on as Marv, the owner of the seedy Brooklyn bar where the film's title happens on a regular basis: fat envelopes of gangster loot are slid into a safe beneath the beer taps.

But it's not Gandolfini who defines this slight yet compelling English-language debut by Belgian director Michael R. Roskam. That honour goes to Tom Hardy, a fabulous chameleon who almost vanishes beneath the worried brow of Bob, The Drop's narrator and protagonist. When Bob discovers an abused and injured pit bull, he also finds a mystery woman named Nadia (Noomi Rapace), who at first tries to keep her distance. Enter a dangerous third party: Nadia's unstable ex-beau Eric (Matthias Schoenaerts).

The Drop is steeped in a simmering underworld familiar to fans of late directors Sidney Lumet and Arthur Penn, and stripped of primary colours like their 70s cinema classics.

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Know where your money goes

Spending journal. Get a pen and notebook, and start writing down what you spend — no fancy app required

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

In your spending journal, you'll note when you take cash out of the bank, and what you spend the cash on. ISTOCK

Once you start keeping track of where your money goes using a spending journal, you will be surprised at how often you buy coffee, gum, a mid-afternoon snack. You will be astonished at how often you go into shoe stores, tool stores and restaurants. Your spending journal will make you aware of where your money is going.

If you don't want to change how you're managing your money, you also probably don't care about how not paying attention affects you. Hey, enjoy your life. Just don't whine if down the road things don't turn out as you thought they would. You know the saying: "Insanity is doing the same thing over and over again and expecting different results."

If you're determined to know what you're doing with your money, regardless of how uncomfortable it makes you initially, get yourself a notebook and a pen. That's your spending journal. No fancy app required. No special tools needed. A pen and a notebook is all it takes.

Write your current bank balance at the top of the first page. Every time you spend a cent, deduct it from the balance in your journal. It doesn't matter if you're spending it using cash, a debit card, a credit card, cheques, or a bank transfer. Every penny gets tracked. (If you take cash out of the bank, you'll deduct the withdrawal and leave some space in your journal to note what you spent the cash on. Don't cheat!)

This will help you figure out which expenses are necessary and which are, well, not so much.

When you get money, add it into your spending journal. This could be a paycheque, government cheques or a refund of medical expenses. Every penny that comes in goes into the spending journal. If you make money in cash, you must enter that too. Slipping the cash into your pocket and spending it willy-nilly is cheating.

If you've been unconscious about your money for quite some time, it's likely going to take a bit of time to develop some new habits. Don't get impatient with yourself. Impatience will only distract you from the task at hand. You have, after all, a lot to learn.

You have to:

- distinguish between "needs" and "wants;"
- communicate with your friends and family about your new awakening and the changes you'll be making;
- recognize the impact marketing and advertising has on you, and resolve not to be influenced;
- create a balanced budget and track your expenses on a daily or weekly basis;
- recognize the importance of saving both for emergencies and for the long term;
- do the hard work it will take to come up with a debt repayment plan and then execute that plan;
- learn to not only see today's immediate needs, but plan for things you will need and want in the future;
- lead by example; show your children how to take charge of their money so they don't end up making the same mistakes you did;
- be willing to seek help if you feel overwhelmed or lost along the way.

Change is never easy. Most people hate change. There will be times when you fall off the rails. You'll lose track of a receipt and kick yourself. You'll skip the comparison-shopping because you just don't have time. Or you buy something that's not in your budget because, well, you just do. You're bound to make mistakes. The key is to right your rocky boat quickly to get back on track.

If you're still back at, "But Gail, who has time for this?" listen to me. I do. I track my money and stay conscious about what I'm doing with it. That's why I had enough money to walk away from television when I was asked to compromise my integrity. You can't have money if you aren't prepared to pay attention to it.

You drag your sorry butt out of bed come rain, snow, sickness or exhaustion. You bust said butt to make money so you can have a life. Shouldn't you spend at least two hours a month figuring out where that money is going?

Yup, that's all it'll add up to. Every time you buy anything, ask for a receipt and then add the info to your spending journal that night. It could take four to six weeks for the habit to really take hold. Less if you're flexible. More if you're a stubborn dog.

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Just do it

- People often assume that I'm good with money because I like doing all the tracking I talk about. Are you crazy? Who wants to do that? It's not a matter of like or not like. I'm not so keen on cleaning my toilets and hauling out the garbage either, but I do it. There are days when I don't want to collect receipts or write in my spending journal, when I just can't be bothered. But if I'm not taking care of my money, who will?

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Meatloaf gets an Italian-inspired upgrade

Dinner. Eggplant Meatloaf brings the well-loved flavours of tomato sauce and Parmesan cheese to the classic dish

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

Meatloaf is an all-time family favourite recipe.

If you want to take this ordinary weeknight meal to different heights, try my updated version. I take a version of Eggplant Parmesan, serve it overtop the meatloaf and cover it with cheese. It's moist, delicious and healthy.

Directions

1. Preheat the oven to 400 F. Spray a 9x9 inch (square) pan with vegetable oil.

2. To make the meatloaf, combine the ground beef, egg, barbecue sauce, bread crumbs, green onions, garlic, basil and salt and pepper in a bowl. Pat into square pan and spread half a cup of the tomato sauce over top (saving the 1/4 cup remaining for the eggplant.)

3. Meanwhile, prepare the eggplant. Whisk the egg with the water in a small bowl. Combine the bread crumbs, parsley and Parmesan on a plate, mixing well. Dip the eggplant in the egg mixture, then coat with the bread crumb mixture. Place on a baking sheet sprayed with vegetable oil.

4. Bake both the eggplant and meatloaf for approximately 15 to 20 minutes. The beef should reach 165 F and the eggplant should be browned.

5. Assembly: Place the eggplant slices overtop of the meatloaf. Spread the remaining 1/4 cup tomato sauce over the baked eggplant slices. Sprinkle with the mozzarella cheese. Bake the Eggplant Meatloaf for 5 minutes or until the cheese is melted.

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Nutritional information

Per serving: 347 calories, 30 g carbohydrates, 2 g fibre, 34 g protein, 12 g total fat, 5.2 g saturated fat, 158 mg cholesterol, 870 mg sodium

Ingredients

Meatloaf
- 16 oz (1 lb) extra-lean ground beef
- 1 egg
- 1/3 cup barbecue sauce (or ketchup)
- 1/3 cup seasoned dry bread crumbs
- 1/4 cup finely diced green onions
- 1 1/2 tsp crushed garlic
- 1/2 tsp dried basil leaves
- pinch of salt and pepper
- 3/4 cup tomato sauce

Eggplant
- 1 egg
- 2 tbsp water or 2% milk
- 3/4 cup seasoned dry bread crumbs
- 3 tbsp chopped fresh parsley
- 3 tbsp grated Parmesan cheese (3/4 oz)
- 6 crosswise slices of eggplant, skin on, approximately 1/2-inch thick
- 2 tsp vegetable oil
- 1/2 cup shredded part-skim mozzarella cheese (1 1/2 oz)

This recipe serves four. ROSE REISMAN

WINTER FOOD TRUCK FEST RETURNS TO DOWNTOWN VANCOUVER

Winter is here. That means food truck lunches with your buddies are a thing of the past—right? Think again, friends.

Street Food City—downtown Vancouver's fourth annual winter food truck festival—returns on Monday, January 19 for seven days of lunchtime noshing.

A Dine Out Vancouver Festival signature event, Street Food City brings together more than 25 food trucks for an outdoor feasting frenzy coordinated by Tourism Vancouver, Street Food Vancouver Society and the Downtown Vancouver Business Improvement Association.

The event takes place at the Vancouver Art Gallery's north plaza where a pop-up village of tents, tables, balloons and seating make up an inviting picnic spot regardless of what variety of winter weather Vancouver serves up. Musical score is provided by 96.9 JACK FM and LG 104.3 FM, who will broadcast live on-site daily.

From gourmet hot dogs, fresh squeezed juices and butter chicken wraps to stick-to-your-ribs chili, delectable grilled cheese sandwiches and some serious sausage, the food variety will appeal to everyone. On Monday, there will even be an "international food truck takeover" when New Zealand Chef Matty Bowling from Britain's acclaimed Terre à Terre restaurant serves up an all-vegetarian menu from Soho Road's food truck.

Last year, Street Food City attracted some 18,000 people over five days. This year, the event has been extended to seven days and features more food trucks as well as special menu items and pricing. Street Food City is one of the more than 70 events taking place over the 17-day Dine Out Vancouver Festival (January 16 to February 1).

So round up your friends, cajole your work colleagues and get down to the Vancouver Art Gallery. Street Food City runs from Monday, January 19 to Sunday, January 25 from 11am to 3pm, and until 5pm on Friday, Saturday and Sunday. Many of Vancouver's favourite food trucks will be there including Aussie Pie Guy; Johnnys Crème Brulee; Holy Perogy; Juice Truck; and Roaming Dragon.

For full details:
DineOutVancouver.com

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Surefire ways to spark career creativity

Career. Research shows great ideas come quicker when our inner innovator is embraced

MARIANNE HAYES
Metro in New York City

Don't be too concerned with keeping your creative thoughts organized. Imagination is best ignited when thoughts are allowed to flow freely. ISTOCK

Whether you're a songwriter or a business executive, creativity goes a long way when it comes to success. On the flip side, creative slumps can be frustrating enough to make us give up on a task altogether.

Creativity, innovation and leadership expert Michael J. Gelb says that one of the biggest misconceptions people have is that they aren't creative. "We have to give up the idea that creativity is some sort of magic that some people have and others don't," he says.

According to Gelb, author of Creativity on Demand, scores on creativity tests go up 25 per cent when people change their self-concept from "I'm not creative" to "I might be creative."

Looking to get your creative juices flowing? Read on for some of Gelb's top tips for nurturing your innovative side.

Generate first, organize later

In school, we're typically taught to put all of our ideas into outlines. But Gelb says that outlining actually slows down creative thinking.

"You want to generate your ideas in a free-flowing, nonlinear, playful, exploratory way," he says.

Gelb touts the benefits of a brainstorming approach called mind-mapping, which uses lines, images, colours and symbols to help generate original ideas.

Stream of consciousness writing is another tool for jump-starting the creative process. The gist of this technique is to write as fast as you can without censoring or editing yourself in any way.

"Think of lots of ideas, and go for playful, absurd and ridiculous ideas," Gelb says.

Embrace play

One of the most powerful things you can do to boost creativity is to make time for fun. "Play and humour liberate your creativity, and over-seriousness shuts it off," says Gelb.

The idea isn't exactly novel. (Experts have been exploring the positive effects of humour for years.) But that doesn't make it any less effective.

Laughter gets oxytocin rushing through your system, which supports relaxation and confidence. In other words, it sets the stage for more creative, out-of-the-box thinking.

"When you're able to think of non-habitual ideas, you get your brain outside of habitual pathways — and that's where creativity is going to come," says Gelb.

Think about it

"When you're able to think of non-habitual ideas, you get your brain outside of habitual pathways — and that's where creativity is going to come."

Michael J. Gelb
Creativity, innovation and leadership expert

There's a growing body of research suggesting that the more you laugh, the more likely you are to experience those golden "aha" moments.

Take a break

Believe it or not, taking a break is a powerful step in the creative process.

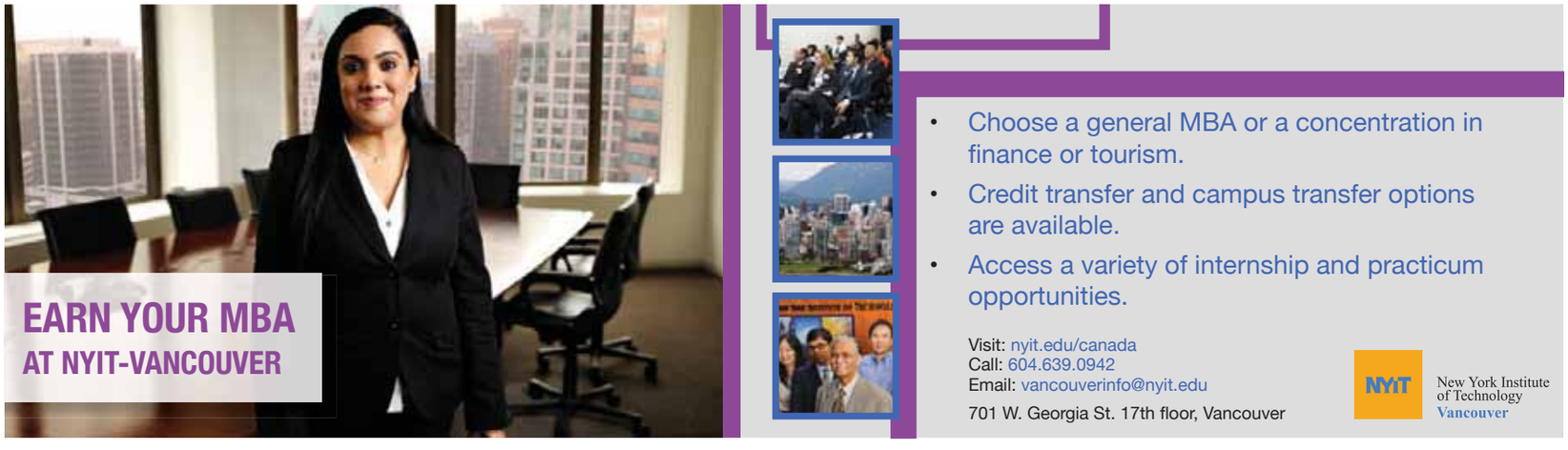
It makes sense given that our best ideas rarely come while sitting in our cubicles. Instead, Gelb encourages folks to incorporate breaks into their regular routines.

"Recognize that the break is as important as the concentrated work," he says.

While brainstorming stimulates your mind outside of habitual pathways (which is definitely key), breakthroughs don't typically come until you shift back into a more relaxed brainwave state.

This is why some of our best ideas spark to life during mindless activities, like taking a shower or driving to the supermarket. According to a 2012 New York Times report, skipping breaks can also lead to stress and exhaustion.

"Work with great intensity and focus, and then make taking a break an integral part of your thinking, planning, and problem solving," says Gelb.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Career advice every millennial needs to hear

Work. Take hold of your employment destiny by taking heed of these important tips

MARIANNE HAYES
Metro in New York City

It's estimated Millenials will make up 75 per cent of the workforce by 2025. ISTOCK

Millennials are quickly making up a huge chunk of the workforce. Today many are still in entry-level roles, which makes now the perfect time to start strategizing future career growth.

"You've really got to be the CEO of your own career," says millennial workplace expert Lindsey Pollak.

How exactly do you do that? Pollak, the New York Times bestselling author of Becoming the Boss is here to tell you.

Network, network, network

It may sound obvious, but the importance of networking cannot be overstated. This especially holds true for millennials — many of whom are opting for the freelance life as opposed to traditional 9-to-5s. (According to a 2013 Millennial Branding report, nearly half of all millennials value workplace flexibility over pay.) The truth is that freelancing/consulting/whatever you want to call it is a fast-growing trend among Gen Y-ers.

"I think the economy has changed, particularly since the Great Recession, and it's harder to get a full-time job with benefits," says Pollak. "I also think a lot of millennials aren't as attracted to full-time, paid employment. They're interested in side gigs, freelancing, and entrepreneurship in addition to, or instead of, what we've considered traditional employment."

If you're even partially self-employed, which many millennials are, networking is critical to drumming up business.

Pollak says becoming active in professional associations and alumni groups can open the door for establishing new contacts.

Seek creative leadership roles

Millennials are a confident bunch. According to Pollak, most members of this generation are itching to move up the ladder — sometimes way faster than their companies are willing (or able) to promote them. One 2014 millennial leadership survey from The Hartford found that 83 per cent of millennials already feel like leaders, whether they're in leadership positions or not.

If you're currently employed within a company, Pollak advises getting as involved as you can. "It's no longer enough to just put your head down and do the work," she says. "You've also got to go to meetings, sign up for mentoring, join an internal network within your company, and volunteer for projects and internal assignments."

Be sure to look for leadership roles outside of your company as well. This could include working with nonprofits or local community groups.

These are the things that'll beef up your resume and LinkedIn profile. They'll also satisfy your desire to lead.

In case of emergency

Don't blow off the value of insurance

- Freelancing certainly doesn't come with a cushy benefits package. And even if you work for a company, many employers are scaling back on the types of benefits they offer. Pollak advises all millennials to think ahead when it comes to disability and life insurance.
- "Disability insurance will keep a paycheck coming in if you're not able to work because of an off-the-job injury or illness," she says. "And life insurance is something a lot of millennials just don't think about. But if, for example, your parents co-signed your student loans that you're still paying back and something happens to you, your parents would still be responsible for them."

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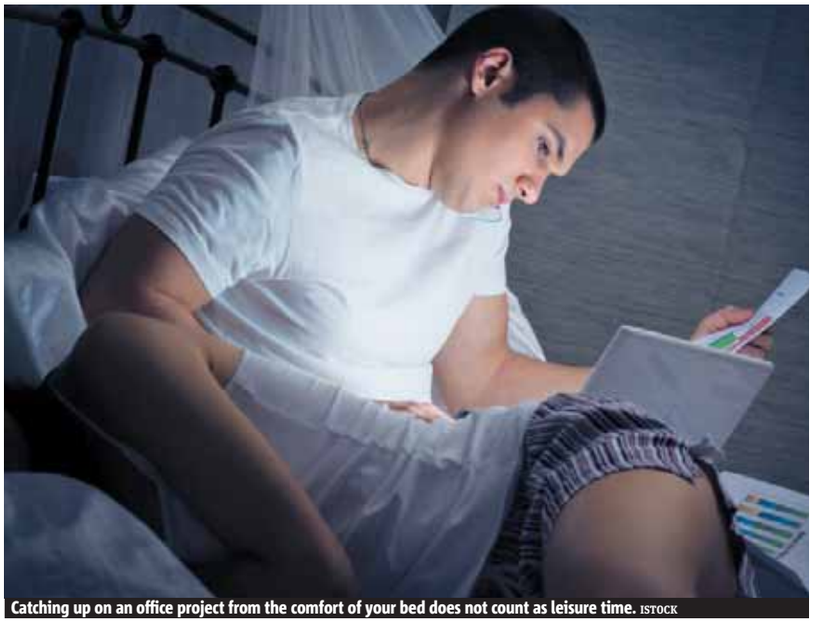
How to keep work from controlling your life

Career. It's important to maintain an existence outside of your nine-to-five

EMILY LAURENCE
Metro in New York City



Catching up on an office project from the comfort of your bed does not count as leisure time. ISTOCK

Chances are, even if you love your job, you want your life to be more than just work, work, work. But instead of using off-hours to pursue a new hobby, many either don't have the energy or are still "on," responding to constant emails.

"Technology has freed us up in many ways, but at the same time it's imprisoned us. It's very difficult to create boundaries," says Brigid Schulte, author of Overwhelmed: Work, Love and Play When No One Has Time.

To help create boundaries, Schulte advises setting aside a certain time each day to check email and that's it. She also says that leaving work "on time" won't keep you from getting ahead. "The way you get ahead is [simply] to do really great work," she says.

The sad thing is, according to leisure researcher Roger Mannell, even when people have a block of time free, they don't know what to do with it. That leads to mindlessly watching TV, messing around on your phone and not doing anything that leaves you feeling satisfied with how you used your time.

"There is no rule of thumb like 'x' amount of leisure time makes you feel great," Schulte says.

"Control and choice are the keys."

It's important to think about what you really want to do with your free time — whether it's meeting up with friends more, blogging or working out — and then setting aside a devoted time on a regular basis where you are fully immersed and not doing it while checking your phone at the same time.

What's the secret?

There is no rule of thumb like 'x' amount of leisure time makes you feel great. Control and choice are the keys."

Brigid Schulte
Author of Overwhelmed: Work, Love and Play When No One Has Time

What work-life balance looks like

Craig Nevill-Manning has a demanding job as an engineering director at Google, building features like their Crisis Response organization and improving the search engine's functions. But for years, he wanted to pursue another interest of his in his off-time: opening up a café.

He opened Happy Bones café and has struck a balance between working full-time and tending to his passion project on the side.

"I have great partners, including my wife, and a great café manager," he tells us.

"And at Google, we encourage employees to have a good work-life balance."

Being honest with your managers about your outside passions and not hiding them is one key to helping you do it all; they'll respect why you are leaving work on time.

"Life is all about variety," Nevill-Manning says.

And developing a good work-life balance is part of that.

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Fun, games help develop literacy

Board games, story time, and making a recipe together are all great ways to help your children build their literacy skills, as well as to improve your own, says Gillian Mason, president, ABC Life Literacy Canada.

Literacy is a lot more than just reading and writing.

"From the moment you wake up, to the moment you go to bed, you use literacy skills to help decode the world in such a way that you can make better choices and better understand those choices," Mason says.

"In the long run, it's about being a functional member of society."

Research has shown that literacy development is most important during our formative years, especially early childhood.

"When parents interact with their children in positive ways around learning, the literacy skills start to develop naturally," says Kim Chung, program director, Centre for Family Literacy in Edmonton.

The Centre for Family Literacy helps parents gain confidence in their own skills.

"It's about supporting parents supporting children because parents are really a child's first teacher," Chung says.

Learning can happen in a lot of circumstances, Chung says. "But if learning happens naturally while you're doing something fun with your family and using all of your senses, it seems to be more potent."

Many parents don't appreciate that the activities they do every day with their children provide huge learning opportunities, Mason says.

"Reading, singing, cooking, playing games, storytelling, and drawing together are great ways to support learning."

What's important is that you process the information and interact with your child. For example, talk about words and the alphabet when you pass street signs, calculate the change when buying an ice cream cone, and read the recipe out loud while gathering the ingredients.

Family Literacy Fun is a program that provides activities, including songs, rhymes, and interactive play, to encourage families to learn together in a warm and enjoyable environment. It was created by ABC Life Literacy Canada and Natrel to help parents engage in fun activities with their children.

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"We are proud to help promote literacy through fun-filled activities so families can learn and grow together," says Caroline Losson, vice-president, marketing, Natrel.

More than 35,000 copies of the Family Literacy Fun activity book have been distributed to families through literacy and learning centres across Ontario, Quebec and British Columbia. In addition, more than 18,000 resources have been downloaded from the website.

"What's important to know is that the more you engage in these types of activities with a child the stronger your own skills become," Mason says.

For more, visit FamilyLiteracyFun.ca and lireetjouerenfamille.ca.

MAKE LEARNING ENJOYABLE

Here are five activities from the Family Literacy Fun booklet to do with children that promote literacy skills.

1 ***YOGA.*** Yoga helps children focus and learn. For the lion pose, kneel on your shins, hands in front, chest to your thighs. Push up on hands and knees, look up to the sky, and "roar."

2 ***MAKE APPLE PANCAKES.*** Read the recipe and measure out ingredients using your literacy skills.

3 ***LEARN SIGN LANGUAGE.*** Signing helps language development. To sign milk, place your hand in front of your body, palm facing in. Squeeze your hand into a fist, relax and squeeze again.

4 ***BUILD A PAPER AIRPLANE.*** Use a piece of paper and follow folding instructions to build your own airplane.

5 ***RACE TO LITERACY GAME.*** Players roll the dice, move that many spaces and then say the letter they land on out loud, as well as a word with which it starts.

Visit FamilyLiteracyFun.ca and lireetjouerenfamille.ca for more.

Champs heading back to Super Bowl

NFL playoffs.
Seahawks overcome 16-point deficit to edge Green Bay in instant-classic thriller

The Seahawks' Michael Bennett celebrates with Russell Wilson after their NFC championship win over the Green Bay Packers on Sunday in Seattle. RONALD MARTINEZ/GETTY IMAGES

The loudest stadium in America was silent. A return trip to the Super Bowl was slipping away.

Time for the Seattle Seahawks to show why they are champions.

"You have the belief these guys have in one another, there is nothing you can't do," coach Pete Carroll said after an implausible comeback for a 28-22 victory over Green Bay in the NFC championship game Sunday.

Plagued by turnovers and outplayed much of the day, the Seahawks staged a stunning rally built on resilience. Russell Wilson, who struggled until the final minutes, hit Jermaine Kearse for a 35-yard touchdown 3:19 into the extra period to win it.

The Seahawks became the first defending champion to make the Super Bowl in 10 years, and will play the AFC champion New England Patriots, who routed Indianapolis 45-7. How Seattle got there was stunning.

"The will and the drive of these men is unbelievable," Wilson said. "We always find a way to finish."

Seattle (14-4) trailed 19-7 with about four minutes remaining and had been ineffective on offence all game. Wilson finally put a drive together with passes to Doug Baldwin and Marshawn Lynch — initially ruled a touchdown but called back because he stepped out of bounds. Wilson finished with a one-yard scoring run to cut the lead to 19-14 with 2:09 left.

NFC championship

Seahawks	Packers
28	22

The onside kick went high to Packers tight end Brandon Bostick, but he couldn't gather it, and Seattle's Chris Matthews recovered at the 50. The crowd, quiet since Seattle fell behind 16-0, came alive, and Lynch sped and powered his way to a 24-yard TD run. On the two-point conversion, Wilson — about to be sacked — threw a desperate pass hauled in by Luke Willson to make it 22-19 with 1:25 remaining.

Aaron Rodgers, limping on an injured calf, calmly led the Packers (13-5) downfield to set up Mason Crosby's fifth field goal, a 48-yarder with 14 seconds to go to force overtime.

Then Wilson and Kearse struck, with Kearse — the target on all four of Wilson's interceptions — beating Tramon Williams on the winning pass. Kearse has also caught the winning score in last year's conference title win over San Francisco.

"Just making the plays at the end and keep believing," said Wilson, who was overwhelmed and sobbing after the game. "There was no doubt … we had no doubt as a team."

THE ASSOCIATED PRESS

Sent packing

"It's going to be a missed opportunity that I'll probably think about for the rest of my career."

Green Bay Packers quarterback Aaron Rodgers

MLS

Whitecaps hold on to Robinson

Carl Robinson, in his first year as a head coach in Major League Soccer, helped guide the Vancouver Whitecaps to a playoff position.

On Sunday, the club rewarded him, and his staff of assistant coaches Martyn Pert and Gordon Forrest, and goalkeeper coach Marius Røvde.

The club announced multi-year contract extensions for the 38-year-old Robinson and his staff. Terms of the deal were not disclosed. In his first season as coach of the Whitecaps, Robinson helped the club to a 12-8-14 record and a playoff position for just the second time in the organization's MLS history.

"In just one year, Carl and his staff have done an exceptional job in establishing a foundation, bringing in quality players and people, and taking this team to the next level," said Whitecaps president Bob Lenarduzzi in a statement.

"They are all highly respected not only within our club, but also around the league and the soccer world. We are confident that their eye for talent, dedication and hard work will continue to yield positive results."

CAM TUCKER/METRO

Whitecaps head coach Carl Robinson GETTY IMAGES FILE

Hot 'keeper has Canucks back on track

Ryan Miller has caught fire in the crease, posting consecutive shutouts in his last two games. ELSA/GETTY IMAGES

Ryan Miller wasn't feeling very well prior to the Canucks embarking on this five-game road trip, although he finished the week off in style.

Facing the underwhelming Philadelphia Flyers and the Connor McDavid sweepstakes contenders, the Carolina Hurricanes, Miller posted back-to-back shutouts on back-to-back nights, giving the Canucks a pair of wins on this latest excursion through the Eastern Conference.

Not like the Flyers or Hurricanes offered much resistance, but Miller was there with the big save when needed. Against Carolina, when the Canucks were outshot 12-4 in the first period, he was the ultimate reason why his teammates escaped the first period in a scoreless hockey game.

The Canucks face Roberto Luongo and the Florida Panthers on Monday.

That storyline has been played out. Fans gave Luongo a heartfelt standing ovation back on Jan. 8 at Rogers Arena.

This is Miller's crease now.

It was a struggle early on, getting consistent results from the goalie general manager Jim Benning paid $6 million a year for the next three years for, but Miller has been much better since the NHL's holiday break.

Since then, Miller has a save percentage of .954 in his last seven starts. His overall save percentage and goals-against average have also improved.

The key for head coach Willie Desjardins is now to find the fine line between playing the hot hand in goal and getting his veteran starter a rest to keep him fresh. CAM TUCKER/METRO

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

metro AR

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You are assertive by nature but you also possess charisma and with Venus so strong in your chart at the moment you will charm the birds from the trees.

♉ Taurus
April 21 - May 21
You will either impress some very important people today or you will upset some very important people. There is no middle ground.

♊ Gemini
May 22 - June 21
Anyone who thinks that you will change your plans to fit in with what they want to do clearly does not know you well. Let them know you're the boss.

♋ Cancer
June 22 - July 23
If facts and figures don't add up then you must investigate the matter. Yes, you may annoy a few people but as it's your reputation and money at stake you can't afford to take chances.

♌ Leo
July 24 - Aug. 23
It is likely that you will have a heated difference of opinion with someone today and you must not back down. Others will respect you more if you stand up for yourself.

♍ Virgo
Aug. 24 - Sept. 23
You take your responsibilities seriously, which is good, but if you focus on them to the exclusion of everything else today you could miss out on a fun time. All work and no play is rarely a good idea.

♎ Libra
Sept. 24 - Oct. 23
Find a balance between being assertive and being passive. Cosmic activity in your fellow Air sign of Aquarius will see to it that the right opportunity arrives at the right time.

♏ Scorpio
Oct. 24 - Nov. 22
If you speak your mind today you will get away with it no matter how outrageous your comments may be. If you speak your mind tomorrow there may be negative consequences.

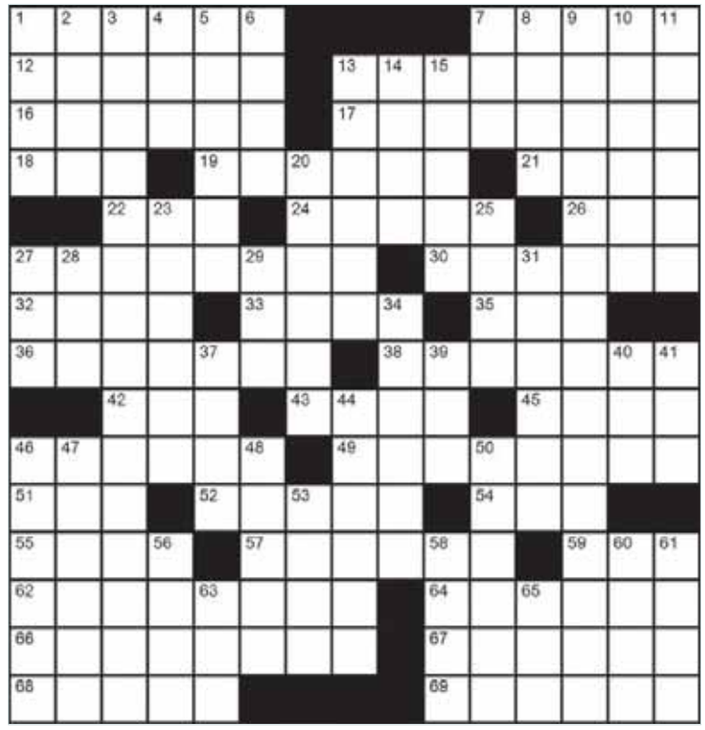
♐ Sagittarius
Nov. 23 - Dec. 21
If a friend asks for your opinion about something it will pay you to say what you think they want to hear, even if you believe the opposite. Arguments are best avoided over the next 24 hours.

♑ Capricorn
Dec. 22 - Jan. 20
Don't change things for the sake of it today because almost certainly you will have to change them back again when mind planet Mercury turns retrograde on Wednesday.

♒ Aquarius
Jan. 21 - Feb. 19
You won't care in the slightest what anyone thinks about you today. You are determined to show that you will follow your own path through life.

♓ Pisces
Feb. 20 - March 20
You may not be your sociable self today but in a way that's OK because you need to spend time in your own company. Think about life's direction.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. US federal holiday: Martin __ King Day
7. Current movie starring David Oyelowo as the Civil Rights leader at #1-Across
12. Author S.E. Hinton = Susan __ Hinton
13. Monument type honouring #1-Across in Washington, D.C.
16. Bays
17. Big name in typewriters when typewriters were big
18. T-__ pans
19. Classic video game platforms
21. British WWII submachine gun
22. Athletic
24. Singer Ms. Payne
26. Caustic stuff
27. Saint John, NB: Circular fort, as per Carleton __ Tower
30. Dwell
32. Tire: French
33. Glass Tiger's "My __"
35. Gladiator's 201
36. One of the Windward Islands
38. Songstress Joan
42. "Volare (__ Blu Dipinto Di Blu)"
43. Root vegetable
45. Amphibious sort
46. Robinson __ (Classic book)
49. Snow __ (Arctic birds)
51. "Superman" g.r.o.u.p.
52. Lohengrin aria: "__ Dream"
54. "Yay!"
55. Long-range weapon, commonly
57. Airline, __ Pacific
59. "Well!"
62. Soapstone
64. Flying bird, at times
66. Destroyed by acid
67. Bags
68. Canadian figure skating great Brian
69. "Remington __"

Down
1. Norse navigator Mr. Ericsson
2. Forearm bone
3. They often start 1-800...: 2 wds.
4. "Hurry!"
5. Millionaire's spread
6. Relaxation
7. First 'S' in USSR [abbr.]
8. '70s Spanish hit: "__ Tu"
9. Canadian animal breed (answer is the nickname of it) that achieved official national status in 2002: 3 wds.
10. Nautical friends
11. Skirt styles
13. "Good __" (Olde-style greeting)
14. Author Mr. Wiesel
15. Bungle
20. Buoyant
23. Apple songs
25. Rhyme scheme
27. Car ad fig.
28. Begin to spell out Saskatchewan's capital... "Give me __ '_'!"
29. Inc.'s cousin
31. #33-Across bit: "When I think of you __..."
34. "There's time still.": 2 wds.
37. Moisturizer ingredient
39. Family member
40. Bug
41. Mr. McMahon's
44. Declined
46. Cooking oil brand
47. Parish gig
48. 1961 Charlton Heston film: 2 wds.
50. Compete for a team position: 2 wds.
53. Satisfy
56. She-horse
58. Pharaoh symbols
60. Shoe part
61. "The '__ 'e knows above a bit..." - Rudyard Kipling
63. Maple Leafs, on scoreboards
65. 'Is', plurally

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

8	4	1	7	5	2	9	6	3
9	7	6	8	3	4	2	1	5
2	3	5	6	9	1	4	8	7
3	2	7	4	8	6	5	9	1
5	8	4	9	1	7	6	3	2
1	6	9	5	2	3	7	4	8
6	1	2	3	4	5	8	7	9
7	9	3	2	6	8	1	5	4
4	5	8	1	7	9	3	2	6

								6
		1		4			5	
	8				3		1	9
							7	3
	5		1		7		8	
9	4							
2	6		8				3	
	7			9		5		
3								

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smart fortwo cabriolet shown.

smart fortwo pure coupe shown.

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fortwo pure coupe	2013	Z1300504	$16,660.00	SOLD	fortwo passion cabriolet	2013	Z1300752	$23,185.00	SOLD
fortwo pure coupe	2013	Z1302244	$17,400.00	SOLD	fortwo passion cabriolet	2013	Z1301176	$23,185.00	$15,685.00
fortwo pure coupe	2013	Z1300190	$17,400.00	$10,400.00	fortwo passion cabriolet	2013	N1300510	$25,150.00	$16,650.00
fortwo pure coupe	2013	R1300331	$17,460.00	SOLD	fortwo BRABUS coupe	2015	R1561994	$25,090.00	$21,160.00
fortwo pure cabriolet	2013	Z1301068	$21,160.00	$15,160.00	fortwo BRABUS cabriolet	2013	B1300848	$27,855.00	$18,855.00
fortwo passion cabriolet	2013	Z1300316	$22,760.00	$14,760.00	fortwo electric drive coupe	2014	B1460625	$29,645.00	SOLD
fortwo passion cabriolet	2013	N1300319	$22,760.00	$15,760.00	fortwo electric drive coupe	2014	B1460466	$29,250.00	$20,250.00
fortwo passion cabriolet	2013	Z1301211	$23,580.00	$17,160.00	fortwo electric drive cabriolet	2013	R1301090	$34,385.00	$24,385.00

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